

DRAFT WCPCAN Program Matrix

Program	Target Audience	Service Intensity/Duration	Program-Identified Outcomes	WCPCAN Protective Factor Focus	Approximate Cost per Family
Home Visiting					
Nurse Family Partnership	First-time, low-income mothers	Home visits occurring weekly to monthly by public health nurses from early pregnancy through age two of child. Families must enroll in early pregnancy.	<ul style="list-style-type: none"> ● Improved Prenatal Health ● Fewer Childhood Injuries ● Fewer Subsequent Pregnancies ● Increased Intervals between Births ● Increased Maternal Employment ● Improved School Readiness 	<ul style="list-style-type: none"> ● Increase Nurturing and Attachment Behavior ● Increase Stress Management ● Increase Family Life Management and Self-Sufficiency Skill 	\$5000
Parents As Teachers	Universal	Home visits weekly to monthly by trained paraprofessionals from pregnancy through age five of the child. Families can enroll at any time during this period.	<ul style="list-style-type: none"> ● Increase parent knowledge of early childhood development and improve parenting practices ● Provide early detection of developmental delays and health issues ● Prevent child abuse and neglect ● Increase children's school readiness and school success 	<ul style="list-style-type: none"> ● Increase Nurturing and Attachment Behavior ● Increase Knowledge of Child Development 	\$2000
Healthy Families	Families at-risk with children 0 - 5	Enrollment prenatally or at the time of birth. Home visits at least once a week by trained paraprofessionals for up to 1 year. Visits of reduced frequency for up to 5 years.	<ul style="list-style-type: none"> ● Increase support systems, ● Increase problem-solving skills, ● Increase positive parent–child interaction, 	<ul style="list-style-type: none"> ● Increase Nurturing and Attachment Behavior ● Increase Responsive Social Support Network ● Increase Effective Problem Solving 	\$3000
Healthy Start	Pregnant women at high risk of poor pregnancy outcomes and infants, with each service area determining its specific program recipients.	Flexibility in how local agencies structure their programs, but frequent home visits ideally from pregnancy to age 3.	<ul style="list-style-type: none"> ● Reduction of infant mortality, ● Reduction of low birth weight ● Reduction of racial disparities in perinatal outcomes. 	<ul style="list-style-type: none"> ● Increase Nurturing and Attachment Behavior ● Increase Responsive Social Support Network 	\$3000
Intensive Home Visiting (multiple)	At-Risk Parents	Programs have a range of service intensity and duration of home visits and enrollment periods.	<ul style="list-style-type: none"> ● Improved child development and health, ● Increased access and utilization of social service ● Increased social and emotional support. 	<ul style="list-style-type: none"> ● Increase Nurturing and Attachment Behavior ● Increase Responsive Social Support Network 	\$3000 - \$6000
Parent Education and Skill Building					
Parent Child Interaction Therapy	Families with children aged 3 – 11 at risk for physical abuse or experiencing behavioral emotional problems.	Approximately 15 one-hour sessions	<ul style="list-style-type: none"> ● Increase nurturing and secure parent-child relationship ● Increased child's pro-social behavior and decrease negative behavior 	<ul style="list-style-type: none"> ● Increase Non-punitive Discipline and Guidance 	\$2000

DRAFT WCPCAN Program Matrix

Circle of Security	Parents of young children, 0-5	A basic protocol that can be used in a variety of settings, from group sessions (20 weeks) to family therapy to home visitation.	<ul style="list-style-type: none"> ● Increasing parent skills in observing parent/child interactions ● Increasing capacity of the caregiver to recognize and sensitively respond to children's needs 	● Increase Nurturing and Attachment Behavior	Vast range depending on setting
Promoting First Relationships	Parents of young children, 0 - 3	Service providers use practical, effective strategies for promoting secure and healthy relationships between caregivers and young children in a variety of settings.	<ul style="list-style-type: none"> ● Increase children's healthy social-emotional development ● Increase responsive, nurturing caregiver-child relationships. 	● Increase Nurturing and Attachment Behavior	Vast range depending on setting
Nurturing Parenting Program	Universal , age-specific curricula	<p>Home-based: weekly 1 to 1 ½ half hour home visits, duration varies</p> <p>Group-based: weekly basis, generally lasting from 2 ½ to 3 hours. The number of group-based sessions varies from 12 (Parents and Adolescents) to 23 (Parents and Children, Birth to 5 years).</p>	<ul style="list-style-type: none"> ● Increase parenting skills 	<ul style="list-style-type: none"> ● Increase Non-punitive Discipline and Guidance ● Increase Knowledge of Child Development 	\$100 - \$600*
Strengthening Multi-Ethnic Families	Ethnic and culturally diverse parents of children aged 3-18 years	Group-based curriculum - Twelve 3-hour sessions taught in consecutive weeks.	<ul style="list-style-type: none"> ● Increase parent sense of competence, ● Increase positive family/parent/child interactions, Increase child self-esteem and self-discipline, ● Increase child social competency skills ● Increased parental involvement in community activities. 	<ul style="list-style-type: none"> ● Increase Non-punitive Discipline and Guidance ● Increase Knowledge of Child Development 	\$100 - \$600*
Effective Black Parenting	African-American Families	Group-based curriculum - Fifteen 3-hour sessions on a weekly or bi-weekly basis.	<ul style="list-style-type: none"> ● Enhance quality of parent relationships with their children ● Increase parenting strategies and skills that research has shown to be most helpful in raising pro-social, competent and healthy children 	<ul style="list-style-type: none"> ● Increase Non-punitive Discipline and Guidance ● Increase Knowledge of Child Development 	\$100 - \$600*
Los Ninos bien Educados	Spanish-speaking and Latino-origin parents	Group-based curriculum - Twelve 3-hour training sessions	<ul style="list-style-type: none"> ● Enhance quality of parent relationships with their children ● Increase parenting strategies and skills that research has shown to be most helpful in raising pro-social, competent and healthy children 	<ul style="list-style-type: none"> ● Increase Non-punitive Discipline and Guidance ● Increase Knowledge of Child Development 	\$100 - \$600*
The Incredible Years	Families with young children (2 to 8 years old) experiencing behavioral and emotional problems	Group-based, age specific curriculum - 8-14 weekly two hour group sessions	<ul style="list-style-type: none"> ● Increase parenting skills ● Increase interpersonal skills 	<ul style="list-style-type: none"> ● Increase Non-punitive Discipline and Guidance ● Increase Knowledge of Child Development 	\$100 - \$600*